


Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy</p> 	<p>1</p> <p>8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 11:00 Paratransit Info & Reg (make an appt) 12:30 Competitive Bidding & Defensive Play in Modern Bridge #3 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi(Beg) 4:00 (Adv)</p>	<p>2 Gardens of Golden Gate Park Trip</p> <p>8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 10:00 Bingo! 10:00 Current Events 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers</p>	<p>3</p> <p>8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling Chess & Games 2:00 Sr. Center Singers 2:00 Dance: USS Hornet Big Band, \$4 & \$6</p>	<p>4</p> <p>9:30-3 Washington on Wheels 8:15-12 AARP Driver Safety Class (register,\$10 fee) 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 1:00 Garden Club Meets to Reorganize for Future Activities 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi</p>
<p>Summer!</p> <p>7</p> <p>8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Case Mgr. Appts 10-12 ICC Yoga & Meditation 10:00 Harmonica (Carlton) 11:30-1:30 ID Photos – appt. 12:30 Beg Spanish 12:30 Quilter's Lab 1-2 ICC Roundtable 1:00 Painting Class 1-4 Bingo! 1-3 Caregivers Support Human Services Large Conf. Room 1:45 Intern Spanish 5:30 Viva Las Vegas! Caregiver Support Dinner 6-7:30 Line Dance Class Drop-in \$6</p>	<p>8</p> <p>8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info & Reg (make an appt) 12:30 Competitive Bidding & Defensive Play in Modern Bridge #4 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</p>	<p>9</p> <p>8:15 Tai Chi 8:30 Walkers 10:00 AC Transit picture ID (appt) 9-12 Case Mgr. Appts 10:00 Current Events 10:00 NARFE Board 1-4:45 Afghan Women 1-4 Footcare – appt 1:00 Mah Jongg 1:30 Trip Meeting – San Antonio Getaway, Heritage of America, Islands of New Eng. Discover Scotland Tole Painting Class 6:30 7:00 Woodcarvers</p>	<p>10</p> <p>8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:00 Dance: USS Hornet Big Band, \$4 & \$6</p>	<p>11</p> <p>8:15-12 AARP Driver Safety Class (register,\$10 fee) 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 1:30 Birthday Party! Entertainment by Shirley Dougarian Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi</p>
<p>14 Lobby Closed for new carpet installation</p> <p>8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30 Medicare Counseling (appt) 10:00 Harmonica (Carlton) 11:00 No AARP in July & August 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Painting Class 1:45 Intern Spanish 6-7:30 Line Dance Class Drop-in \$6</p>	<p>15 Wing B & Pool Room closed to install new carpet</p> <p>9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 11:00 Paratransit Info & Reg (make an appt) 12:45 Crafts 12:45-2:45 Karaoke – Wing A 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</p>	<p>16 Wing B & Pool Room closed to install new carpet</p> <p>8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts 10:00 Bingo! 6:30 Tole Painting Class 7:00 Woodcarvers</p>	<p>17</p> <p>8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:00 Dance: USS Hornet Big Band, \$4 & \$6</p>	<p>18</p> <p>8:30 Walkers 9:00 Pinochle/ Canasta 9:30 Chinese Calligraphy 10:00 Bridge 12:30 Baystrings Band Practice 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi</p>
<p>21</p> <p>8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Hearing Screening 9-12 Case Mgr. Appts 10:00 Harmonica (Carlton) 10-12 ICC Yoga & Meditation 12:30 Beg Spanish 12:30 Quilter's Lab 1-2 ICC Roundtable 1-4 Bingo! 1:45 Intern Spanish 6-7:30 Line Dance Class Drop-in \$6</p>	<p>22</p> <p>8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 10:30 Indo Amer. Seniors 12:30 Competitive Bidding & Defensive Play in Modern Bridge #5 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)</p>	<p>23</p> <p>8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Legal Assist. for Seniors 10:00 Current Events 1-4:45 Afghan Women 1-4 Footcare – appt 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers</p>	<p>24 Jackson Casino Trip</p> <p>8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:00 Dance: USS Hornet Big Band, \$4 & \$6</p>	<p>25 Heritage Tour of MSJ/ Warm Springs & Centerville</p> <p>8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi</p>
<p>28</p> <p>8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30-12 Medicare Counsel. (appt) 9:30 Builders Fund Bd. 10:00 Harmonica (Carlton) 11-2:30 Amer. Muslims Mtg 12:30 Beg Spanish 1:45 Intern Spanish 6-7:30 Line Dance Class Drop-in \$6 7-9 Parkinsons Support</p>	<p>29</p> <p>8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Info & Reg 12:45-2:45 Karaoke – Wing A 12:45 Crafts 1:00 Bridge 1:00 Visual Concerns Fremontaires 1:45 3:00 Tai Chi(Beg) 4:00 (Adv)</p>	<p>30</p> <p>8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Current Events 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers</p>	<p>31</p> <p>8:15 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 B.P. Screening 10:00 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:00 Dance: USS Hornet Big Band, \$4 & \$6</p>	